

Sri Nisargadatta Maharaj Quotes

*Mind, Spiritual, Real, Self, Wisdom, Reality, Pain, Giving, Thinking, Ideas,
Needs, World, Inspiration, Desire, Light, Inspirational, Practice, Mean, Silence,
Heart*

Instead of searching for what you do not have, find out what it is that you have never lost.

~Sri Nisargadatta Maharaj

Shift your attention from words to silence and you will hear.

~Sri Nisargadatta Maharaj

You will receive everything you need when you stop asking for what you do not need

~Sri Nisargadatta Maharaj

Whatever happens, happens to you by you, through you; you are the creator, enjoyer and destroyer of all you perceive.

~Sri Nisargadatta Maharaj

We miss the real by lack of attention, and create the unreal by excess of imagination.

~Sri Nisargadatta Maharaj

You cannot transcend what you do not know. To go beyond yourself, you must know yourself.

~Sri Nisargadatta Maharaj

There is only life, there is nobody who lives a life.

~Sri Nisargadatta Maharaj

The consciousness in you and the consciousness in me, apparently two, really one, seek unity and that is love.

~Sri Nisargadatta Maharaj

The problem is not yours - it is your mind's only. Begin by disassociating yourself from your mind. Resolutely remind yourself that you are not the mind and that its problems are not yours.

~Sri Nisargadatta Maharaj

Sometimes I feel I am everything, I call that Love. Sometimes I feel I am nothing, I call that Wisdom. Between Love and Wisdom my life continuously flows.

~Sri Nisargadatta Maharaj

As you watch your mind, you discover your self as the watcher. When you stand motionless, only watching, you discover your self as the light behind the watcher.

~Sri Nisargadatta Maharaj

Nothing can trouble you but your own imagination.

~Sri Nisargadatta Maharaj

Love.. is seeing the unity under the imaginary diversity.

~Sri Nisargadatta Maharaj

To believe that you depend on things and people for happiness is due to ignorance of your true nature; to know that you need nothing to be happy, except Self-knowledge, is wisdom.

~Sri Nisargadatta Maharaj

Suffering is due entirely to clinging or resisting. It is a sign of our unwillingness to move on, to flow with life

~Sri Nisargadatta Maharaj

Know yourself to be the changeless witness of the changeful mind. That is enough.

~Sri Nisargadatta Maharaj

When I look inside and see that I'm nothing, that's wisdom. When I look outside and see that I'm everything, that's love. And between these two, my life turns.

~Sri Nisargadatta Maharaj

When you demand nothing of the world, nor of God, when you want nothing, seek nothing, expect nothing, then the supreme state will come to you uninvited and unexpected.

~Sri Nisargadatta Maharaj

The world has only as much power over you as you give it. Rebel. Go beyond duality.

~Sri Nisargadatta Maharaj

There is no question of going anywhere, arriving anywhere, or doing anything; you are there already.

~Sri Nisargadatta Maharaj

If you could only keep quiet, clear of memories and expectations, you would be able to discern the beautiful pattern of events. Its your restlessness that causes chaos.

~Sri Nisargadatta Maharaj

Don't ask the mind to confirm what is beyond the mind. Direct experience is the only valid confirmation.

~Sri Nisargadatta Maharaj

Don't rely on your mind for liberation. It is the mind that brought you into bondage. Go beyond it altogether.

~Sri Nisargadatta Maharaj

Freedom is from something. What are you to be free from? Obviously, you must be free from the person you take yourself to be, for it is the idea you have of yourself that keeps you in bondage.

~Sri Nisargadatta Maharaj

Do not neglect this body. This is the house of God; take care of it, only in this body can God be realized.

~Sri Nisargadatta Maharaj

Give up all ideas about yourself and simply be.

~Sri Nisargadatta Maharaj

The innermost light, shining peacefully and timelessly in the heart, is the real Guru. All others merely show the way.

~Sri Nisargadatta Maharaj

A quiet mind is all you need. All else will happen rightly, once your mind is quiet.

~Sri Nisargadatta Maharaj

Simply look at whatever happens and know that you are beyond it.

~Sri Nisargadatta Maharaj

If you believe in God, work with Him. If you do not, become one.

~Sri Nisargadatta Maharaj

The search for Reality is the most dangerous of all undertakings, for it destroys the world in which you live.

~Sri Nisargadatta Maharaj

The world you think of is in your own mind.

~Sri Nisargadatta Maharaj

To see myself in everybody, and everybody in myself, most certainly is love.

~Sri Nisargadatta Maharaj

The real you is timeless and beyond life and death.

~Sri Nisargadatta Maharaj

The only thing required of you is to allow all your raging desires to relax into preferences. Then everything will be done through you and for you, not by you.

~Sri Nisargadatta Maharaj

Just as every drop of the ocean carries the taste of the ocean, so does every moment carry the taste of eternity.

~Sri Nisargadatta Maharaj

You cannot change the course of events, but you can change your attitude, and what really matters is the attitude and not the mere event.

~Sri Nisargadatta Maharaj

There is only one meditation - the rigorous refusal to harbor thoughts.

~Sri Nisargadatta Maharaj

You are not the mind. If you know you are not the mind, then what difference does it make if it's busy or quiet? You are not the mind.

~Sri Nisargadatta Maharaj

There is nothing to do, just be. Do nothing. Be. No climbing mountains and sitting in caves. I do not even say "be yourself" since you do not know yourself. Just be.

~Sri Nisargadatta Maharaj

To know that you are a prisoner of your mind is the dawn of wisdom.

~Sri Nisargadatta Maharaj

The root of fear is the feeling of not being what you are.

~Sri Nisargadatta Maharaj

Only the people who have gone beyond the world can change the world.

~Sri Nisargadatta Maharaj

Real happiness is not vulnerable, because it does not depend on circumstances.

~Sri Nisargadatta Maharaj

If you want peace and harmony in the world, you must have peace and harmony in your hearts and minds.

~Sri Nisargadatta Maharaj

When you believe yourself to be a person, you see persons everywhere. In reality there are no persons, only threads of memories and habits. At the moment of realisation the person ceases.

~Sri Nisargadatta Maharaj

What is the worth of a happiness for which you must strive and work? Real happiness is spontaneous and effortless.

~Sri Nisargadatta Maharaj

You are not what you think yourself to be, I assure you. The image you have of yourself is made up from memories and is purely accidental.

~Sri Nisargadatta Maharaj

I am timeless being. I am free of desire or fear, because I do not remember the past or imagine the future.

~Sri Nisargadatta Maharaj

Freedom to do what one likes is really bondage, while being free to do what one must, what is right, is real freedom.

~Sri Nisargadatta Maharaj

Having realized that you cannot influence the results, pay no attention to your desires and fears. Let them come and go. Don't give them the nourishment of interest and attention.

~Sri Nisargadatta Maharaj

Discard every self-seeking motive as soon as it is seen, and you need not search for truth; truth will find you.

~Sri Nisargadatta Maharaj

It is your restlessness that causes chaos.

~Sri Nisargadatta Maharaj

It is not what you do, but what you stop doing that matters.

~Sri Nisargadatta Maharaj

Give all your attention to the question: 'What is it that makes me conscious?', until your mind becomes the question itself and cannot think of anything else.

~Sri Nisargadatta Maharaj

Leave greatness to others. Become so small that no one can see you. This conviction results from growing devotion to the supreme reality.

~Sri Nisargadatta Maharaj

Give your real being a chance to shape your life. You will not regret it.

~Sri Nisargadatta Maharaj

Whatever comes and goes, is not reality. See the event as event only. Then you are vulnerable to reality, no longer armoured against it, as you were when you gave reality to events and experiences.

~Sri Nisargadatta Maharaj

Get hold of the main thing: That the world and the self are one and perfect. Only your attitude is faulty and needs readjustment.

~Sri Nisargadatta Maharaj

Nothing troubles me. I offer no resistance to trouble - therefore it does not stay with me. On your side there is so much trouble. On mine there is no trouble at all. Come to my side.

~Sri Nisargadatta Maharaj

Detach yourself from all that makes your mind restless. Renounce all that disturbs its peace. If you want peace, deserve it. By being a slave to your desires and fears, you disturb peace.

~Sri Nisargadatta Maharaj

Stay open and quiet, that is all. What you seek is so near you that there is no place for a way.

~Sri Nisargadatta Maharaj

You need not know what you are. Enough to know what you are not. What you are you will never know, for every discovery reveals new dimensions to conquer. The unknown has no limits.

~Sri Nisargadatta Maharaj

These moments of inner quiet will burn out all obstacles without fail. Don't doubt its efficacy. Try it.

~Sri Nisargadatta Maharaj

In the light of calm and steady self-awareness, inner energies wake up and work miracles without any effort on your part.

~Sri Nisargadatta Maharaj

It is your fixed idea that you must be something or other, that blinds you.

~Sri Nisargadatta Maharaj

The silence before the words were spoken, is it different from the silence that came after?

~Sri Nisargadatta Maharaj

In peace and silence, the skin of the 'I' dissolves and the inner and the outer become one.

~Sri Nisargadatta Maharaj

Nature is neither pleasant nor painful. It is all intelligence and beauty. Pain and pleasure are in the mind.

~Sri Nisargadatta Maharaj

The mind exists in two states: as water and as honey. The water vibrates at the least disturbance, while the honey, however disturbed, returns quickly to immobility.

~Sri Nisargadatta Maharaj

Once you understand that the false needs time and what needs time is false, you are nearer the Reality, which is timeless, ever in the NOW.

~Sri Nisargadatta Maharaj

In the stillness of the mind I saw myself as I am - unbound.

~Sri Nisargadatta Maharaj

Awareness is ever there. It need not be realized. Open the shutter of the mind, and it will be flooded with light.

~Sri Nisargadatta Maharaj

Nothing can make you happier than you are. All search for happiness is misery and leads to more misery. The only happiness worth the name is the natural happiness of conscious being.

~Sri Nisargadatta Maharaj

Would people know that nothing can happen unless the entire universe makes it happen, they would achieve much more with less expenditure of energy.

~Sri Nisargadatta Maharaj

You take yourself to be limited, but you are not. Discover this. Stay silent and attentive. Be earnest about it. Just be aware of your being here and now. Reality will find you.

~Sri Nisargadatta Maharaj

All will happen as you want it, provided you really want it.

~Sri Nisargadatta Maharaj

You're free. You've taken this burden of being a human being on yourself. You're free.

~Sri Nisargadatta Maharaj

Don't pretend to be what you are not. Don't refuse to be what you are.

~Sri Nisargadatta Maharaj

There is in the body, a current of energy, affection and intelligence, which guides, maintains and energizes the body. Discover that current and stay with it.

~Sri Nisargadatta Maharaj

In my world love is the only law. I do not ask for love, I give it.

~Sri Nisargadatta Maharaj

In my world, nothing ever goes wrong.

~Sri Nisargadatta Maharaj

Past and future are in the mind only - I am now.

~Sri Nisargadatta Maharaj

Deepen and broaden your awareness of yourself and all the blessings will flow. You need not seek anything, all will come to you most naturally and effortlessly.

~Sri Nisargadatta Maharaj

You have projected onto yourself a world of your own imagination, based on memories, on desires and fears, and you have imprisoned yourself in it. Break the spell and be free.

~Sri Nisargadatta Maharaj

Everybody does the same mistake: refusing the means, but wanting the ends. You want peace and harmony in the world, but refuse to have them in yourself.

~Sri Nisargadatta Maharaj

Pleasure puts you to sleep and pain wakes you up. If you don't want to suffer, don't go to sleep.

~Sri Nisargadatta Maharaj

You have put so much energy into building a prison for yourself. Now spend as much on demolishing it.

~Sri Nisargadatta Maharaj

Our usual attitude is of 'I am this'. Separate consistently and perseveringly the 'I am' from 'this' or 'that', and try to feel what it means to be, just to be, without being 'this' or 'that'.

~Sri Nisargadatta Maharaj

You know that you are. Don't burden yourself with names, just be. Any name or shape you give yourself obscures your real nature.

~Sri Nisargadatta Maharaj

All your desires, whatever they may be, are expressions of your longing for happiness. Basically, you wish yourself well.

~Sri Nisargadatta Maharaj

Life is love and love is life.

~Sri Nisargadatta Maharaj

All I plead with you is this: make love of your self perfect

~Sri Nisargadatta Maharaj

There is no 'my self' and 'his self'. There is the Self, the only Self of all. Misled by the diversity of names and shapes, minds and bodies, you

imagine multiple selves.

~Sri Nisargadatta Maharaj

In reality, time and space exist in you. You do not exist in them.

~Sri Nisargadatta Maharaj

Stop imagining yourself being or doing this or that and the realization that you are the source and heart of all will dawn on you.

~Sri Nisargadatta Maharaj

You may die a hundred deaths without a break in the mental turmoil. Or, you may keep your body and die only in the mind. The death of the mind is the birth of wisdom.

~Sri Nisargadatta Maharaj

Whatever state I am in, I see it as a state of mind to be accepted as it is.

~Sri Nisargadatta Maharaj

Whatever you come across- go beyond

~Sri Nisargadatta Maharaj

There is nothing to practice. To know yourself, be yourself. To be yourself, stop imagining yourself to be this or that. Just be. Let your true nature emerge. Don't disturb your mind with seeking.

~Sri Nisargadatta Maharaj

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